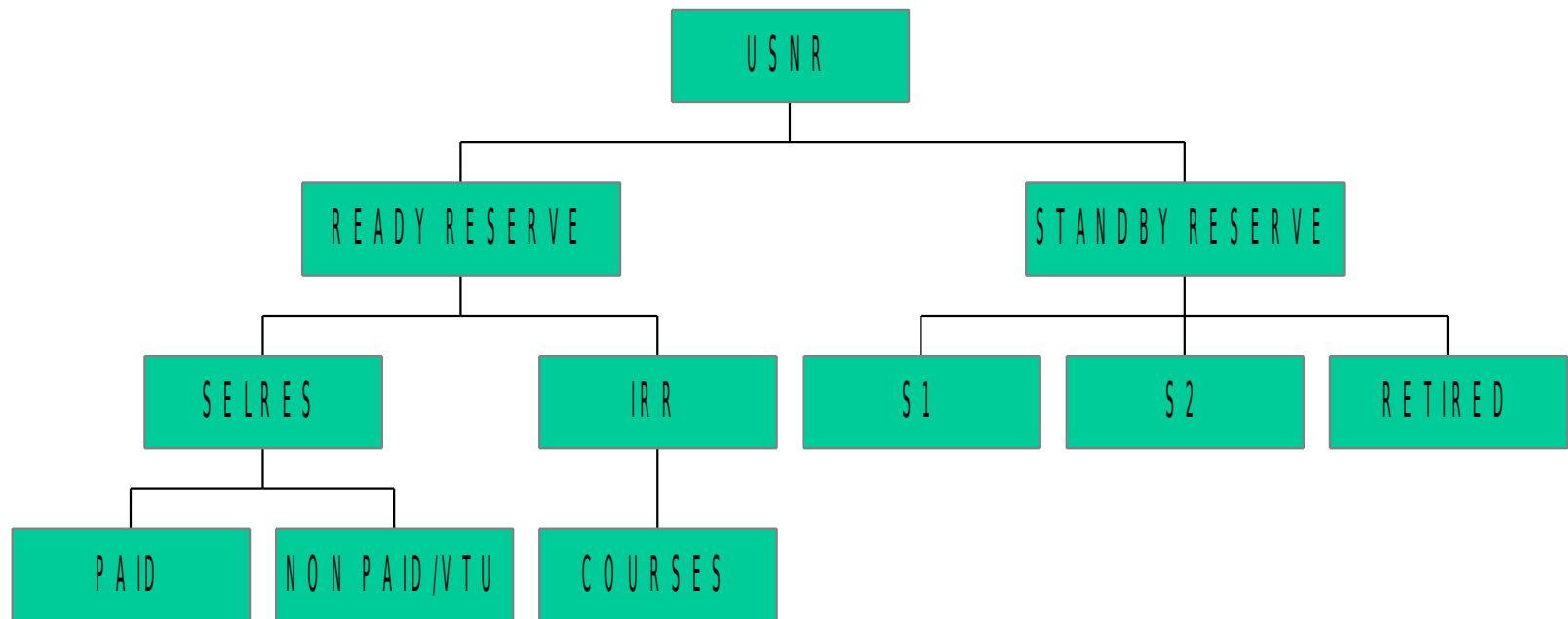




Our Naval Reserve Force

LOCATIONS



BENEFITS

- Retirement
- Full MWR privileges (Gym, golf, ITT, etc)
- Unlimited BX/Commissary (24 times per year)
- SGLI (same as on AD)
- Pay (car payment!)
- Family Dental plan
- SELRES GI BILL
- Camaraderie and Pride
- Network for better jobs
- Recall/ ADSW ops!
- Long Term Care Insurance (see notes below)

RETIREMENT

- Based on total years of equivalent active duty time. Total points divided by 365 times 2.5%.
- Calculators are available online.
 - [Navaires..](#) [NRA.](#)
- Add this to your financial portfolio...very good investment! Compare to mutual fund!
- If 2 X FOS'd on AD and receive severance, still eligible for retirement; some payback.
Contact DFAS retirement counselor.
www.dfas.mil.
- Know your anniversary date!
- Understand the point system. Earn points/good years while young!

RETIREMENT (CONT)

MUST EARN 20 GOOD YEARS:

- 15 Gratuitous (if SELRES or IRR).
- Need 50 Minimum (15 plus 35).
- Can obtain a total of 90 via drills and correspondence courses... equal to 3 months on AD!

HOW MANY POINTS DO I HAVE?

- Go to Naval Reserve Personnel Command website or call a customer service rep:
 - <http://www.nrpcweb.nola.navy.mil/>
 - (866) 250-4778
- 1 point for each day on active duty and for each 4 hour drill period. 12 points for an AT and 15 gratuitous.
- Each correspondence course has it's own worth.
- Ensure you get all earned points!

WANT TO CHANGE DESIGNATOR?

Much easier in the Reserve:

- No limit to number of people who can change.
- Letter requesting change plus supporting documentation. Refer to:
 - MILPERSMAN ARTICLE 1020150
 - BUPERSINST 1001.39 SERIES
 - SECNAVINST 1210.5 SERIES

LEAVING AD IN ZONE?

- Active Duty List (ADL) OR ReserveActive Status List (RASL)?
- FAIL OFFICER SELECT (FOS) on AD, CAREER STILL VIABLE IN RESERVE
- AVOID BREAK IN SERVICE
- LEAVE AD 2 MONTHS BEFORE RESERVE SELECTION BOARD TO GET ON RASL
- UPDATE SERVICE RECORD

SHOPPING FOR A BILLET

www.nmcrcnorfolk.navy.mil

- The Surface side.
- Go to “unit profiles.”
- Find several units of interest.
- Look at mobilization mission and ensure it's of interest to you.

REDCOM LOCATOR

So many units and mission areas to choose from!

www.narnorfolk.navy.mil

- The Air side.
- Squadrons and Tacron units are where most aviators go.
- Numerous links to selection board messages and other places of interest for aviators and other designators assigned to Navaires units.

CORRESPONDENCE COURSES

<https://www.advancement.cnet.navy.mil/>

<http://www.navylearning.navy.mil/>

<http://cce.nwc.navy.mil/correspo.htm>

<http://navymedicine.med.navy.mil/med07/>

- Great way to add to your point total.
- More courses available online and at Reserve centers.
- Fairly easy but take time.
- Ensure you get full credit in the system!

AVIATION SELECTION BOARDS

- Announcements usually found online in message traffic format.
- Call the squadron for info on next board. Some boards happen unpublished!
- Very competitive.

AFFILIATION PAPERWORK REQUIRED

- Separation physical, all forms including HIV if not documented on forms.
- Reserve Oath of Office (IF USN).
- DD214 long form.
- Separation Orders.
- Page 2 from your service record.
- Recruiter has several forms to sign.

GET A SEPARATION PHYSICAL

- PHYSICALS REQUIRED EVERY 5 YEARS...COMPLETE PRIOR TO LEAVING ACTIVE DUTY.
- ACTIVE DUTY ALLOWS MEDICAL SCREENING IN LIEU OF PHYSICAL... CREATES PROBLEMS WITH SELRES AFFILIATION.
- PHYSICAL NECESSARY FOR RESERVE AFFILIATION AND ANY IMPENDING VA CLAIM.

OBTAIN RESERVE OATH

- ONLY APPLIES TO USN OFFICERS!
- BE PROACTIVE!
- AVOID BREAK IN SERVICE!
- DATE OATH FOR THE DAY AFTER YOUR LAST DAY ON AD.
- Request oath in your Resignation letter.
- If you did not request a Reserve oath, or you did but have not received it within 30 days before leaving AD, contact Pers 834F.

INSTRUCTIONS TO BE FAMILIAR WITH

FOR SELRES:

- BUPERSINST 1001.39 SERIES
- COMNAVRESFORINST 1001.5 SERIES

FOR MEDICAL OFFICERS:

- PRIMUS (CNRFINST) (SURFRESFORINST)
- MAS CODES
- CME; CME REQUEST SHEETS
- CNRF 1570.13C
- CNRF 1570.9D
- MED INSTRUCTIONS WEBSITE
- PRIMUS SHEETS

WEBSITES OF INTEREST

www.dfas.mil

- Pay scale.
- EMSS. LES, etc.

www.tsp.gov

- Thrift Savings Plan info

www.navres.navy.mil

- Commander Naval Reserve Force homepage

For recall/ADSW ops:

- JFCOM
- NAVRES
- CNO
- BUPERS
- PERSNET

WEBSITES OF INTEREST (CONT)

www.navy-reserve.org

- OUTSTANDING ORGANIZATION
- Great money saving gouge in monthly mag
- Promotion cycle record review
- Retirement info...retirement calculator
- Congressional lobbyist

WANT TO BE A RESERVE RECRUITER?

- Initially, 2 Year recall to AD
- Apply for 1687 (TAR)
 - Eligibility requirements apply.
- Hometown recruiter or Manpower route
- Go home at 20 years with full USN pension
- Apply through Area OPO

TYPES OF RECALL

- Voluntary
 - Either you find a recall opportunity or volunteer for an Involuntary recall.
- Involuntary
 - Government needs your skills.
- Individual
- Unit

What if I'm recalled?

- Requires Act of Congress or PRC
 - Uncle Sam does not recall lightly
- Soldiers and Sailor's Relief Act
 - Reduced Mortgage (6%) and Credit Card interest
 - Job protection; see www.esgr.org
- You will be deactivated as soon as practical.
 - Conflict dependent...typically 1 year orders

BRIEF CREATED BY:

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